

Pathya Kalpana in Grahani Roga

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ABSTRACT

Introduction

Grahani Roga (duodenal disease) is an indisposition in which patient is unable to digest the food properly and passes it out frequently through motions in the undigested or digested form without foul smell. The consistency of the stool changes frequently, sometimes loose and sometimes well formed.

Ayurveda puts a great stress on the diet, which are called *Pathya*. It has been mentioned that if a person suffering from any disease follows *Pathya* (therapeutic diet) strictly, he may not require medicine; but if he does not follow *Pathya*, medicine may be fruitless. Some of the *Pathya Kalpana* (therapeutic preparations) indicated in *Grahani Roga* are *Deepaniya Yavagu* (carminative gruel), *Laja Manda* (parched paddy gruel), *Jeeraka Siddha Takra* (buttermilk processed with cumin), *Shunti-Musta jala* (water processed with ginger and *Cyperus rotundus*) and *Shadyushana* (preparation with green gram soup, meat soup and buttermilk) in various classics.

Aims and objectives: To critically analyse the properties of *Deepaniya Yavagu*, *Laja Manda*, *Jeeraka Siddha Takra*, *Shunti-Musta Jala* and *Shadyushana* as *Pathya* in *Grahani Roga*.

Materials and methods: Ayurvedic classics were referred for various references with regards to *Pathya* in *Grahani Roga*.

Result: *Deepaniya Yavagu*, *Laja Manda*, *Jeeraka Siddha Takra* and *Shunti-Musta jala* are *Deepana* (carminative), *Pachana* (digestive) and *Grahi* (constipative) which are beneficial in *Grahani Roga*.

Discussion and conclusion: *Deepaniya Yavagu* is *Pachana* and *Grahi*, *Laja Manda* is *Deepana*, *Pachana*, *Grahi* and *Shoolahara*, *Jeeraka Siddha Takra* is *Deepana*, *Pachana*, *Grahi* and *Laghu* (light for digestion), and *Shunti -Musta Jala* is *Grahi*, *Shola- Anaha - Vatahara* (relieves pain and bloating).

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KEYWORDS: *Grahani*, *Deepaniya Yavagu*, *Laja Manda*, *Jeeraka Siddha Takra*, *Shunti- Musta jala*

INTRODUCTION

Ayurveda is one of the oldest holistic healing systems in the world. The idea that health and wellbeing depend on a precarious equilibrium between the mind, body and soul, the only way to achieve a healthy body and soul is to adopt a proper diet and lifestyle. However nowadays, bad eating habits and a sedentary lifestyle cause vitiation of *Agni* (digestive fire). *Grahani Roga* is one of the major illness of gastrointestinal tract, included in *Astha mahagada* (8 major diseases) by Vagbatta. The organ *Grahani* (duodenam) is the seat of *Jataragni* (digestive fire)

and have *Aadhar-adheya sambandha* (mutual relationship)^[1].

Mandagni (reduced digestive fire) is the root cause of the disease. So all the etiological factors of *Agni dushti* (derangement of digestive fire) are the direct causes of *Grahani Roga*.

Etiological factors^[2]:

1. *Abhojana* (fasting), *Ajirna* (indigestion), *Atibhojana* (excessive intake of food), *Vishamashana* (irregular eating habit)

2. *Guru* (heavy), *sheeta* (cold), *Atiruksha* (rough), *Dushita bhojana* (stale food)
3. *Virechana*, *Vamana*, *Sneha asamyak prayoga* (improper administration of emesis, purgation and unctuous therapy)
4. *Desha*, *Kala*, *Ritu vaishamya* (improper place, time and season)
5. *Vega dharana* (controlling natural urges)

This results in indigestion and ama formation. Thus *Ahara* (food) attains *Sukthata* (fermented) and forms *Annavisha* (poison). *Annavisha* gets located in the organ *Grahani* and disturbs physiological process of digestion. *Agnimandya* (reduced digestive fire) is important factor in the pathogenesis of *Grahani dosha*^[3].

So it should be mainly treated for *Agni vardhana* (enhance agni) by *Ahara* and *Aushadha* (medicine) with *Deepana* (carminative) and *Pachana* (digestive) qualities.

Purvaroop^[4] (prodromal symptoms)

- *Trishna* (thirst)
- *Alashaya* (lassitude)
- *Bala kshaya* (reduced strength)
- *Anna vidaha* ()
- *Pakascha chirata* (delayed digestion)
- *Kayasya gauravam* (heaviness of body)

Rupa (Signs and symptoms)

Vataja Grahani^[5]

Specific character-Flatulence after and during digestion.

Generalised symptoms-Roughness in body, dryness of throat and mouth, hunger, thirst, blurred vision, tinnitus, Pain in chest, thigh, pelvic, neck region, emaciation, weakness, Parikartika (sharp shooting pain in rectum), cough, dyspnoea. Abdominal symptoms- Food digest with difficulty, *Suktapaka* (fermentation), *Visuchika* (pricking pain in abdomen).

Character of Stool-Passes stool with difficulty, liquid mixed with hard stool, frothy, undigested repeatedly.

Pittaja Grahani^[6]

Specific character- Foetid and sour eructation

Generalised symptoms- Roughness in body, dryness of throat, mouth. Hunger, thirst, blurred vision, tinnitus, pain in chest, thigh, pelvic, neck region, weakness, Parikartika (sharp shooting pain in rectum), cough, dyspnoea.

Character of stool- Watery, undigested, yellowish stool.

Kaphaja Grahani^[7]

Specific character-Heaviness and stiffness of abdomen

Generalised symptoms- Nausea, vomiting, anorexia, sweetness of mouth, cough, rhinitis, eructation having foul smell, lack of desire towards women, weakness and lassitude.

Character of stool- Stool not well formed but broken into pieces, mixed with Ama and mucous and heavy.

Sannipataja Grahani^[8]

Mixed lakshana of vataja, Pittaja and kaphaja grahani

Sangraha^[9]

Specific character-Disease aggravates during day time and pacifies in night time, disease repeats once in 15 days, 30 days, 10 days or once in a day.

Generalised symptoms-Lassitude, debility, general malaise, low backache.

Abdominal symptoms- Intestinal gurgling.

Character of stool-Watery, cold, solid, sliminess, unctuous with Ama (undigested food), frothy and passed with sound.

Ghatiyantra Grahani^[10]

Specific character- Produces sound while passing stool like pouring water out of a pot. Generalised symptoms-Excessive sleep, pain in side of chest.

Character of Stool-Produces sound while passing stool like pouring water out of a pot.

Aims and objectives: To critically analyse the properties of *Deepaniya Yavagu*, *Laja manda*, *Jeeraka siddha takra* and *Shunti- Musta jala* as *Pathya* in *Grahani*.

Materials and methods: Ayurvedic classics were referred for various references with regards to *Pathya* in *Grahani*.

Aim of Diet

Diet is the only means of sustaining life for all living organisms. Only a healthy diet can cure a man of sickness. Also the wholesomeness and unwholesomeness are important considerations in both health and illness because without a healthy diet, using any medication is pointless.

The goal of diet in *Grahani Roga*:

1. The performance of *Grahani* can be enhanced by improving the *Agni*.
2. *Amadosha* is reduced with the aid of the *Deepana* (appetiser), *Pachana* (digestive aid), and *Laghu* (easily digestible) *Dravya*.
3. Improvement in bowel habits.
4. Improvement in overall nutrition.
5. Minimization of complication

Properties of *Ahara Dravya* (food items) for *Grahani*

- *Deepana* and *Pachana*
- *Laghu* and *Grahi* (absorbant)
- Diet which mitigates *Vata* (air), *Pitta* (bile) and *Kapha* (phlegm)
- Predominantly *Kashaya* (astringent), *Madhura* (sweet) and *Katu* (pungent) in taste.

DEEPANIYA YAVAGU^[11]

- Ingredients: *Kapitha*, *Bilva*, *Changeri*, *Takra*, *Dadima*, *Shali*
- Method of preparation^[12]: 1 part of *Dravya* is cooked with 6 parts of water till the rice is properly cooked.
- *Rasa*: *Kashaya*, *Amla* (sour) *Tikta* (bitter)
- *Guna*: *Lahu*, *Rooksha*
- *Karma*: *Pachana*, *Grahi*
- *Dosha karma*: *vatahara*

LAJA MANDA^[13]

- Ingredients: 1 part *Laja*+14 parts water
- Method of preparation: 1 part of *Laja* (parched paddy) is cooked with 14 parts of water till the *Laja* is properly cooked and then the supernatant water is collected.
- *Rasa*-*Kashaya*
- *Virya* (potency) – *Ushna* (hot)
- *Karma* (Action)-*Pachana*, *Deepana*, *Grahi*, *Vibandha* -*Anaha*-*Shulahara* (relieves constipation, bloating and pain)
- *Dosha karma*- Pacifies *Kapha* and *Pitta*
- Indication: *Amaja grahani*

JEERAKA SIDDHA TAKRA

Ingredients: *Takra*, *Jeeraka*

Method of preparation: Add *Jeeraka* to buttermilk (which is removed of cream and churned adding water one-fourth the quantity).

- *Rasa*- *Amla*, *Katu*, *Kashaya*
- *Guna*-*Laghu*, *Ruksha*
- *Virya*-*Ushna*
- *Karma*-*Deepana*, *Sangrahi*
- *Dosha karma*-Pacifies *Vata* and *Kapha*
- *Takra* is *Grahi* (constipating) and *Kashaya* (astringent), *Amla* (sour) and *Madhura* (sweet) in taste, *Deepana* (stimulates hunger), *Laghu* (easily digestable), hot in potency, strengthening,

aphrodisiac, bestows contentment and mitigates *Vata*.

- In diseases like *Grahani* (duodenal disease) *Takra* (buttermilk) is ideal because it is constipating and easily digestable, mitigates *Vata* by its sourness and thickness, not causing burning sensation during digestion, sweet after digestion and aggravates *Pitta* slightly at the end. It is good for mitigating *Kapha* also by its astringent taste, hot potency, relieving rigidity of joints and causing dryness^[14].
- *Jeeraka* is *Rooksha* (dry), pungent in taste, hot in potency, increases digestive fire, *Grahi* (constipating), carminative, increases *Pitta* and pacifies *Kapha*^[15].

SHADYUSHANA^[16]

Ingredients: *Mudga yusha*, *Mamsa rasa*, *Takra*, *Dhanyaka*, *Jeeraka*, *Saindava*

Method of preparation: Mix *Mudga yusha* (soup of green gram), *Mamsa rasa* (soup of meat) and *Takra* (buttermilk) in equal quantity. Add powder of *Dhanyaka* (coriander), *Jeeraka* (cumin) and *Saindava* (rock salt)

Rasa: *Kashaya*, *Amla*, *Katu* (pungent), *Lavana* (salt)

Guna: *Laghu*, *Rooksha*

Virya-*Ushna*

Karma: *Deepana*, *Sangrahi*

SHUNTI – MUSTA SIDDHA JALA^[17]

- Ingredients: *Shunti churna*, *Musta churna*, water
- Method of preparation: Boil water by adding powder of *Shunti* and *Musta*.
- *Rasa*: *Katu* *Tiktha* *Kashaya*
- *Dosha karma*: Pacifies *Vata* and *Kapha* (*Shunti*), Pacifies *Pitta* *Kapha* (*musta*)
- *Karma*: *Grahi*, *Deepana*, *Pachana*
- Indication: *Mandagni*, *Amaja grahani*

Discussion

The *Deepana*- *Pachana* diet was employed by the ancient scholars to increase *Agni* and decrease *Ama* while addressing all forms of *Grahani*.

They recommended *Ahara Dravya*, primarily *Kashaya*, *Madhura*, and *Katu* in *Rasa*; *Laghu*, *Ruksha*, *Grahi*, *Deepana*, and *Pachana* in *Guna* (quality); *Ushna* in *Virya*; and *Katu* or *Madhura* in *Vipaka*, to enhance *Agni* and reduce *Ama*.

According to contemporary medical knowledge, intraluminal malabsorption is caused by a lack of bile or pancreatic enzymes. By thinking of *Agni* as an

enzyme, an *Agni*-enhancing diet can boost these enzymes and stop the malabsorption. Again, an *Agni*-enhancing diet can restore the function of the enzymes and arrest the pathogenesis of mucosal malabsorption, which develops as a result of decreased brush border enzyme activity. Moreover, the obstructive pathology in lymphatic vessels resulting from Post Mucosal Malabsorption can be treated by enhancing *Agni*, which causes a decrease in obstruction of *Strotas* (minute channels) due to *Amadosha*.

Conclusion

Deepaniya Yavagu is *Pachana* and *Grahi*, *Laja manda* is *Deepana Pachana Grahi* and *Shoolahara*, *Jeeraka Siddha Takra* is *Deepana, Pachana, Grahi* and *Laghu*, and *Shunti -Musta Jala* is *Grahi, Shoola Anaha Vatahara*.

It is obvious that if a person consumes food improperly, he would quickly fall victim to diseases like Malabsorption, which is brought on by the vitiation of *Grahani*. With the use of Ayurveda dietary principles, we can restore patients' bowel habits to normal, enhance their overall nutritional status, and prevent or lessen the difficulties of malabsorption because eating healthy food in the right amounts after a previous meal promotes long-term health. The condition of *Jataragni* should be appropriately and carefully maintained with the right kinds of fuel in the form of various healthful foods and beverages, as the life and the strength of an individual are dependent on it.

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